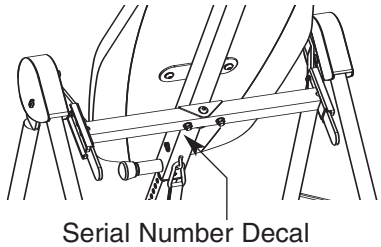
GOLD'S GYM®
Inversion System

Model No. GGBE0867.0
Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

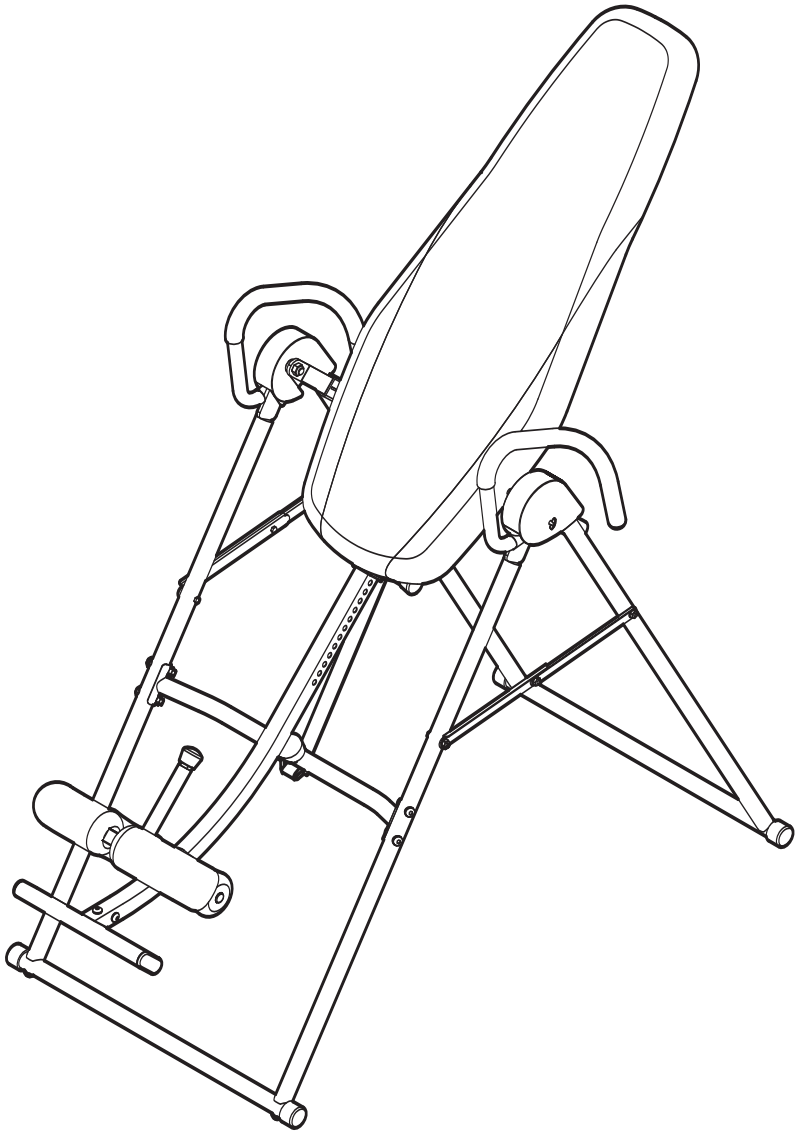
CALL TOLL-FREE:
1-877-776-4777
Mon.–Fri., 6 a.m.–6 p.m. MST
Sat. 8 a.m.–4 p.m. MST

ON THE WEB:
www.goldsgympowerflex.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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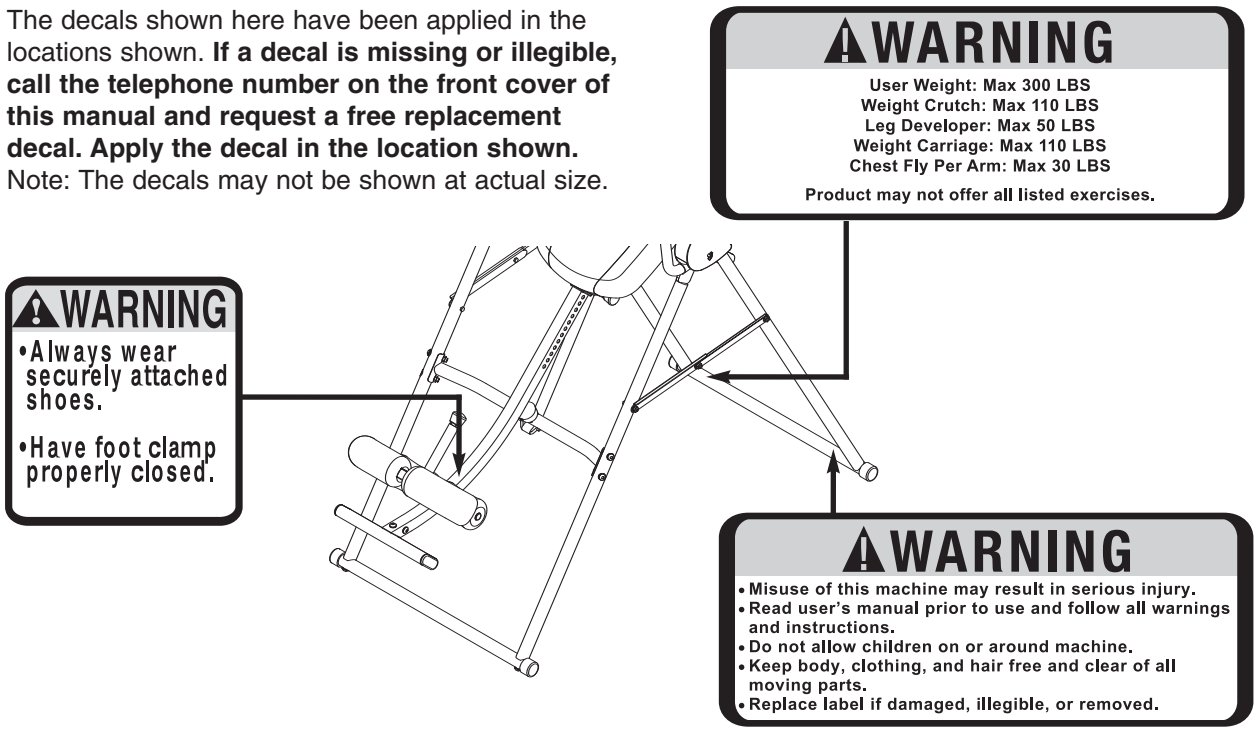
WARNING DECAL PLACEMENT

The decals shown here have been applied in the locations shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.


WARNING
User Weight: Max 300 LBS
Weight Crutch: Max 110 LBS
Leg Developer: Max 50 LBS
Weight Carriage: Max 110 LBS
Chest Fly Per Arm: Max 30 LBS
Product may not offer all listed exercises.
WARNING
•Always wear securely attached shoes.
•Have foot clamp properly closed.
WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Keep body, clothing, and hair free and clear of all moving parts.
• Replace label if damaged, illegible, or removed.

GOLD'S GYM is a registered trademark of Gold's Gym International, Inc. This product is manufactured and distributed under license from Gold's Gym International, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your inversion system before using your inversion system. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of the inversion system.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

2. **Use the inversion system only as described in this manual.**

3. **It is the responsibility of the owner to ensure that all users of the inversion system are adequately informed of all precautions.**

4. **The inversion system is intended for home use only. Do not use the inversion system in any commercial, rental, or institutional setting.**

5. **Keep the inversion system indoors, away from moisture and dust. Do not put the inversion system in a garage or covered patio or near water.**

6. **Use the inversion system only on a level surface. Cover the floor beneath the inversion system to protect the floor.**

7. **Make sure that all parts are properly tightened each time the inversion system is used. Replace any worn parts immediately.**

8. **Keep children under age 12 and pets away from the inversion system at all times.**

9. **The inversion system is designed to support a maximum user weight of 300 lbs. (136 kg). Do not use weights with the inversion system.**

10. **Always wear athletic shoes with laces to help secure your feet in the inversion system, and for foot protection while exercising.**

11. **The inversion system should be used only by persons 6 ft. 6 in. (198 cm) tall or less.**

12. **Keep hands and feet away from moving parts.**

13. **Always make sure that the ankle lock is secured snugly against your ankles and that the short knob is fully tightened before you use the inversion system.**

14. **Perform all activities on the inversion system in a slow, controlled manner. Aggressive exercise can cause the inversion system to tip over.**

15. **Always exercise with a partner. Your partner should be ready to return the backrest to the upright position if you cannot complete the rotation.**

16. **If you feel pain or dizziness while exercising, stop immediately and cool down.**

17. **Following is a list of factors and conditions that may make inverting inadvisable (this list is not exhaustive; it is intended only for reference). If one or more factors or conditions apply to you, consult your physician before using the inversion system.**
    - **Pregnancy**
    - **Hiatal hernia or ventral hernia**
    - **Glaucoma, retinal detachment, or conjunctivitis**
    - **High blood pressure, hypertension, or recent stroke or transient ischemic attack**
    - **Heart or circulatory disorders for which you are being treated**
    - **Middle ear infection and extreme obesity**
    - **Spinal injury, cerebral sclerosis, or acutely swollen joints**
    - **Bone weakness (osteoporosis), recent unhealed fractures, medullary pins, or surgically implanted orthopedic supports**
    - **The use of anticoagulants, including high doses of aspirin**

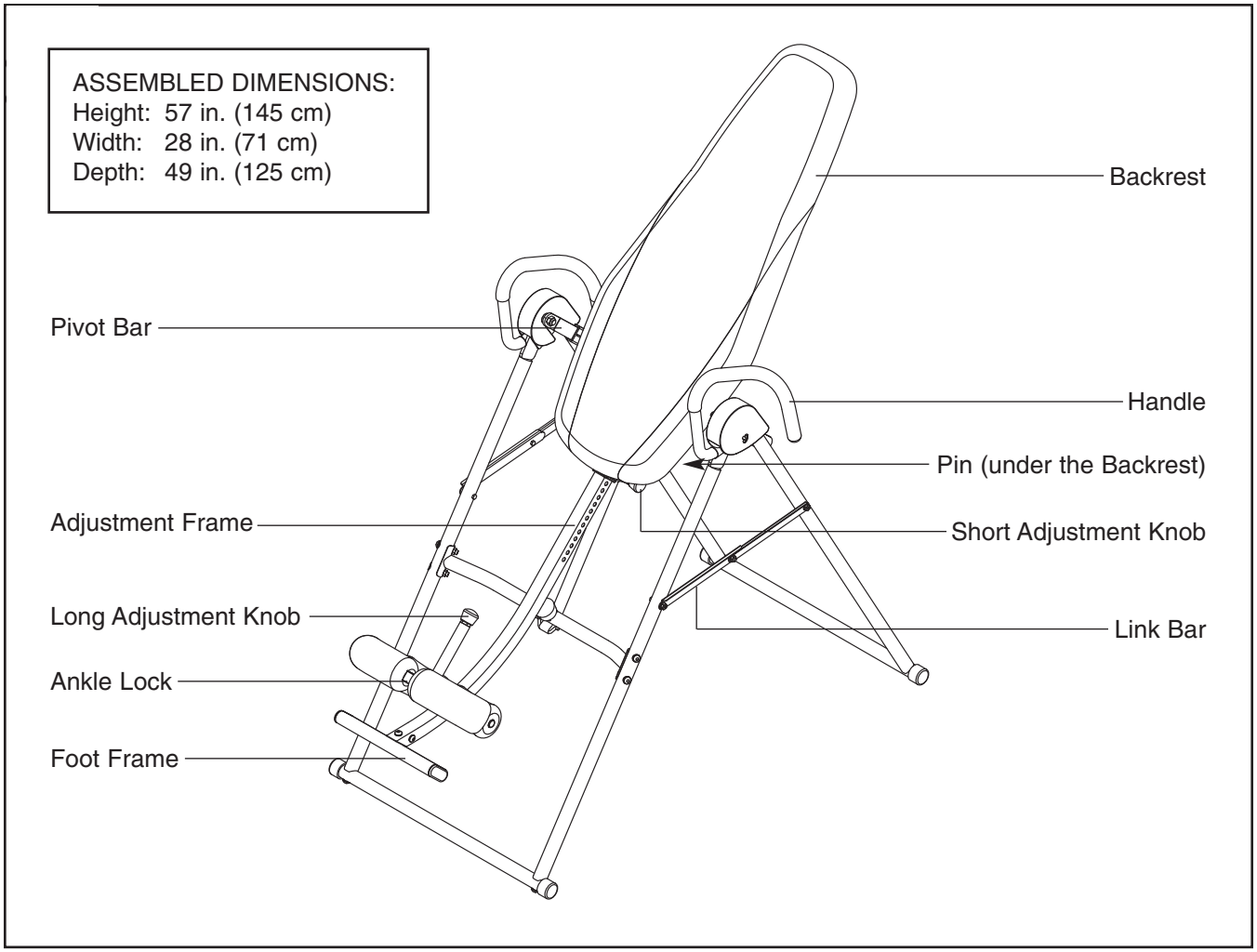
BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM® INVERSION SYSTEM. The inversion system will increase your intervertebral dimension, decrease pressure on intervertebral discs, stretch and relax your muscles, and temporarily relieve back pain associated with the listed conditions.

For your benefit, read this manual carefully before using the inversion system. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

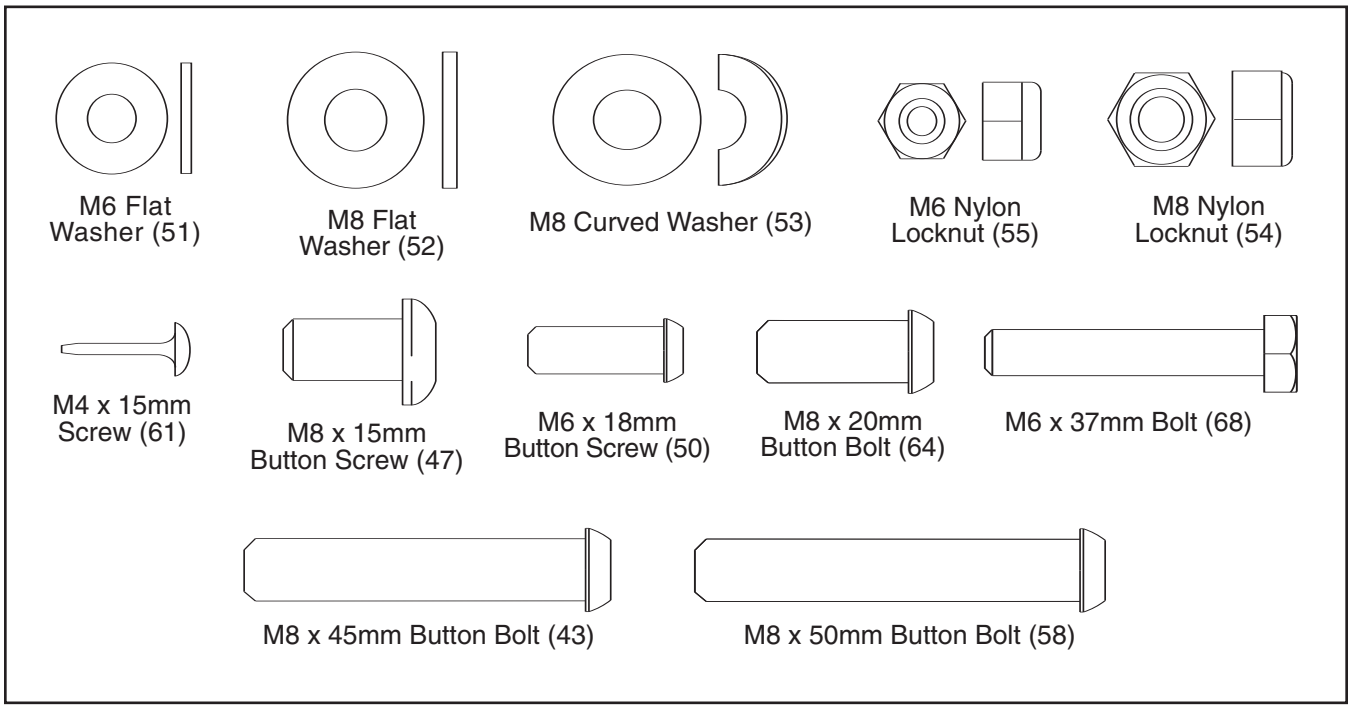
To avoid a registration fee for any service needed under warranty, you must register the inversion system at www.iconservice.com/registration.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the parts bag, check to see if it has been preattached.**


M6 Flat Washer (51)
M8 Flat Washer (52)
M8 Curved Washer (53)
M6 Nylon Locknut (55)
M8 Nylon Locknut (54)
M4 x 15mm Screw (61)
M8 x 15mm Button Screw (47)
M6 x 18mm Button Screw (50)
M8 x 20mm Button Bolt (64)
M6 x 37mm Bolt (68)
M8 x 45mm Button Bolt (43)
M8 x 50mm Button Bolt (58)

ASSEMBLY

Make Assembly Easier

This manual is designed to ensure that the inversion system can be assembled successfully by almost anyone. Most people find that if they set aside plenty of time, assembly goes smoothly.

Before beginning assembly, carefully read the following information and instructions:

- To hire an authorized service technician to assemble the inversion system in your home, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its weight and size, the inversion system should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the inversion system as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, see the PART IDENTIFICATION CHART on page 5.
- As you assemble the inversion system, make sure that all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- In addition to the included hex key and grease packets, assembly may require the following tools (not included):

one adjustable wrench

one rubber mallet

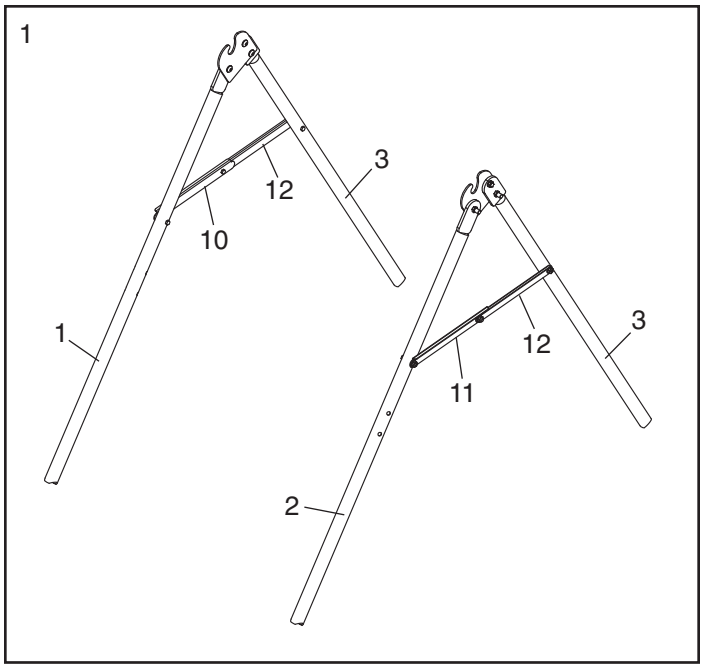
one standard screwdriver

one Phillips screwdriver

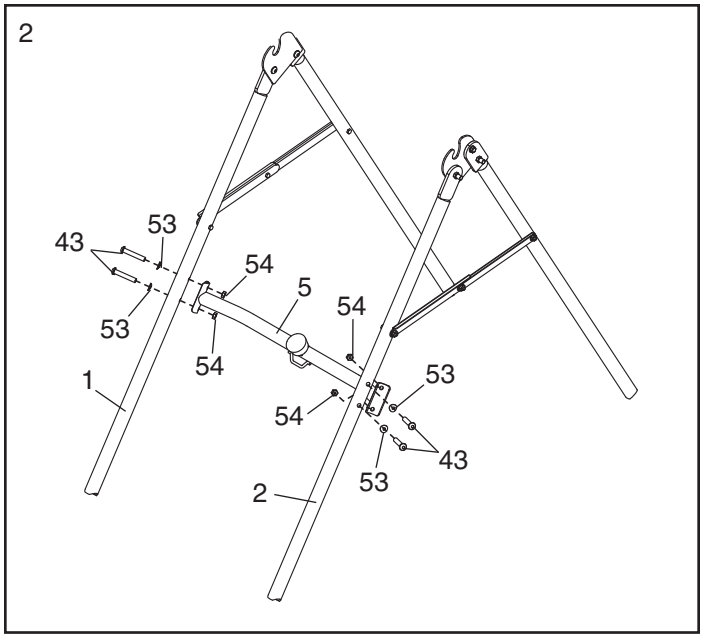
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure that you understand the information in the box above.**

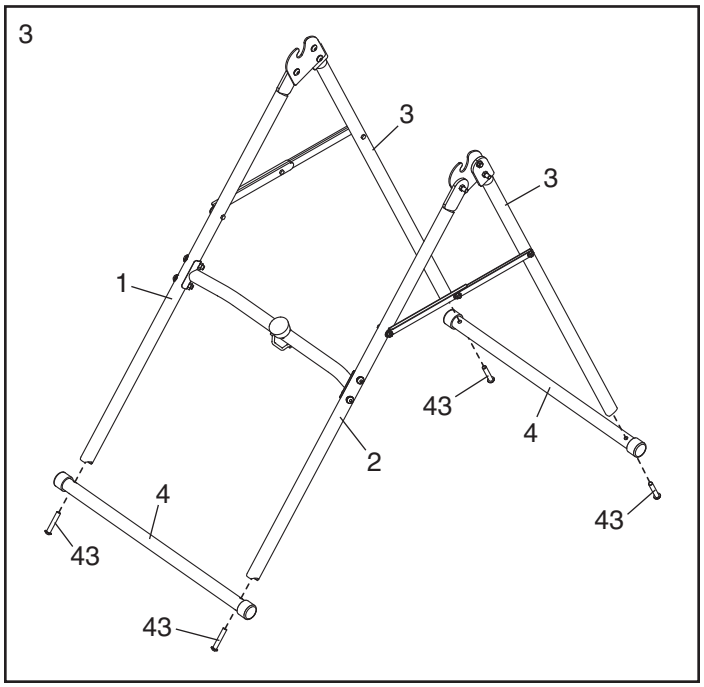
Open the Front and Rear Legs (1, 2, 3), and push down on the Link Bars (10, 11, 12) so that they are straight across as shown.



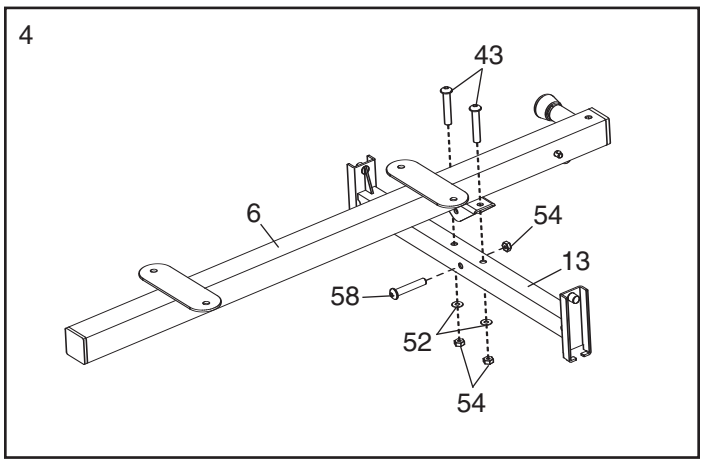
2. Attach the Front Leg Frame (5) to the Front Legs (1, 2) with four M8 x 45mm Button Bolts (43), four M8 Curved Washers (53), and four M8 Nylon Locknuts (54). **Do not tighten the Nylon Locknuts yet.**



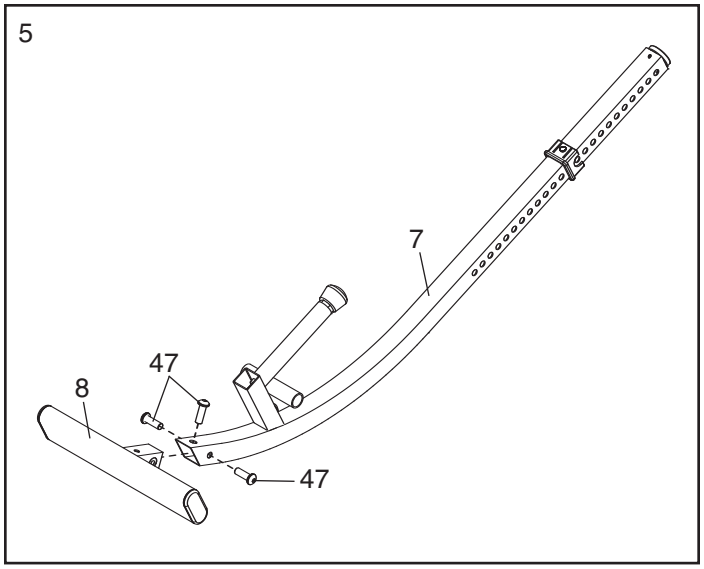
3. Attach the two Bases (4) to the Front and Rear Legs (1, 2, 3) as shown with four M8 x 45mm Button Bolts (43).



4. Attach the Backrest Frame (6) to the Center Frame (13) as shown with an M8 x 50mm Button Bolt (58), two M8 x 45mm Button Bolts (43), two M8 Flat Washers (52), and three M8 Nylon Locknuts (54).



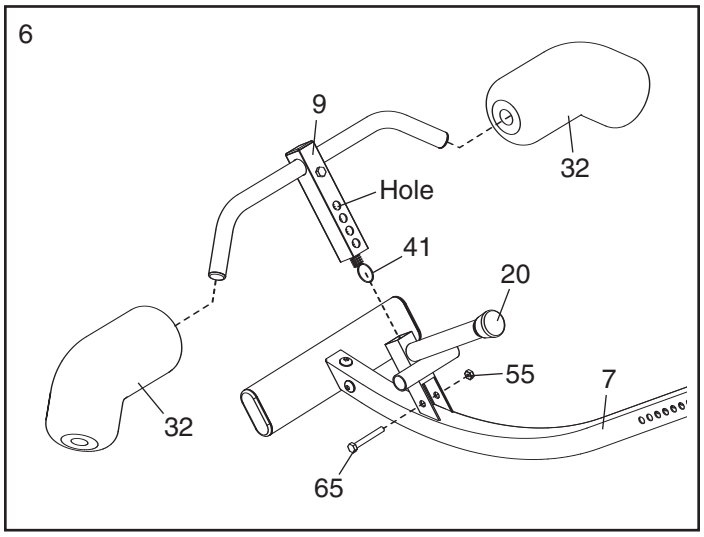
5. Attach the Foot Frame (8) to the Adjustment Frame (7) with three M8 x 15mm Buttons Screws (47).



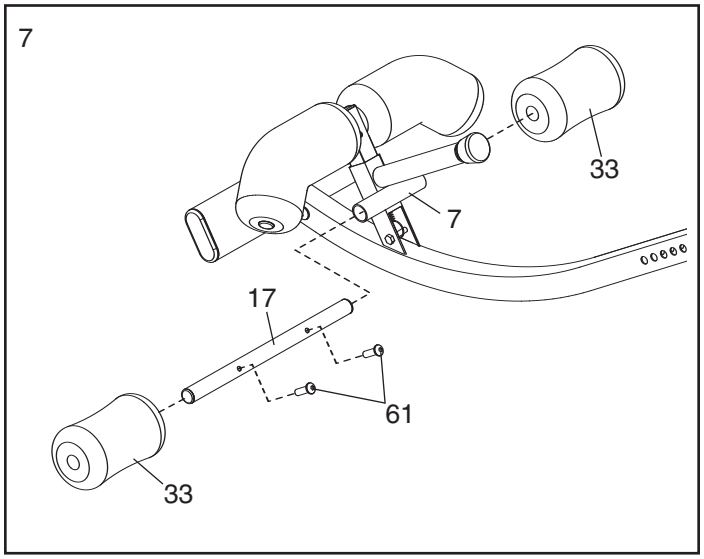
6. Slide the two Large Foam Pads (32) onto the Ankle Lock (9).

   Next, pull the Long Adjustment Knob (20), insert the Ankle Lock (9) into the Adjustment Frame (7), and then release the Long Adjustment Knob. **Make sure that the Long Adjustment Knob is engaged in the indicated adjustment hole in the Ankle Lock.**

   Insert an M6 x 37mm Bolt (65) into the Adjustment Frame (7) **and into the loop on the end of the Spring (41).** Tighten an M6 Nylon Locknut (55) onto the Bolt.



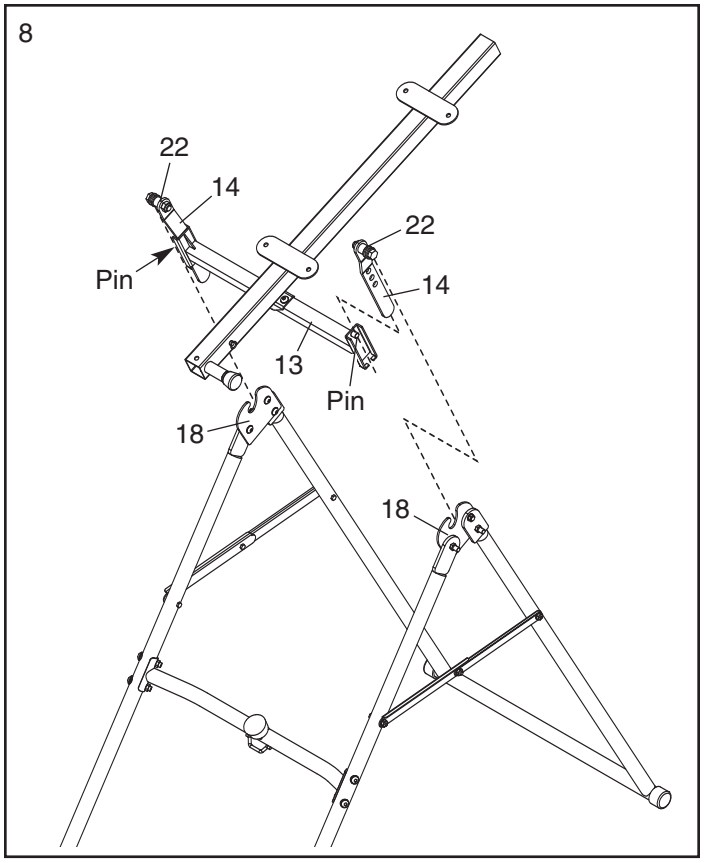
7. Insert the Pad Tube (17) into the welded tube on the Adjustment Frame (7). Next, tighten an M4 x 15mm Screw (61) into each side of the Pad Tube. Then, slide two Small Foam Pads (33) onto the Pad Tube.



8. Orient the two Pivot Bars (14) so that the Pulleys (22) face away from the Center Frame (13). Then, insert the Pivot Bars into the brackets on the ends of the Center Frame, and engage the pins on the brackets in the center adjustment holes in the Pivot Bars.

   Insert the two Pulleys (22) down into the slots in the Saddle Plates (18).

   See step 2. Tighten the four M8 Nylon Locknuts (54).



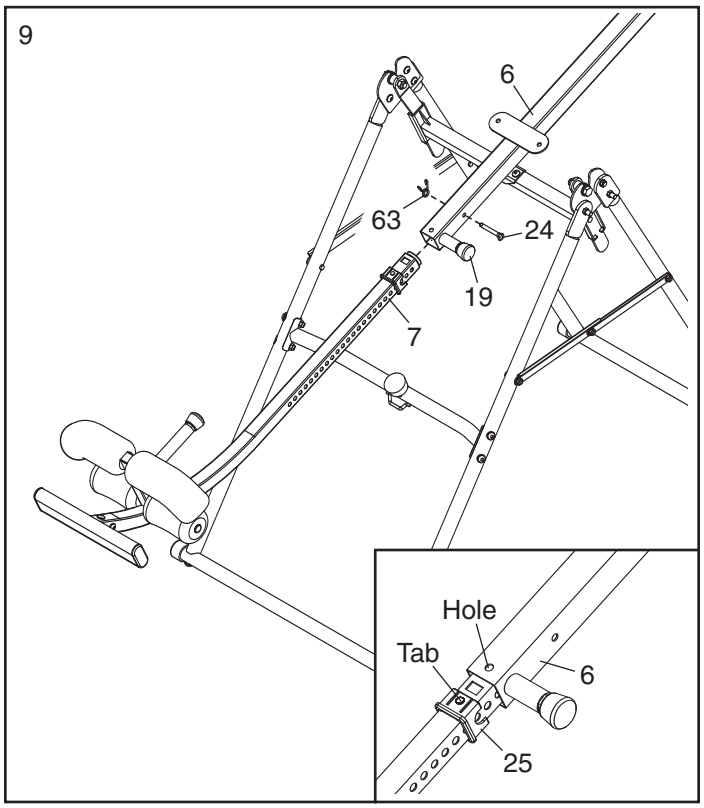
9. Pull the Short Adjustment Knob (19), and insert the end of the Adjustment Frame (7) a few inches into the Backrest Frame (6).

   See the inset drawing. Press the round tab on the Backrest Frame Bushing (25), and press the Backrest Frame Bushing into the Backrest Frame (6). **Make sure that the round tab is in the indicated hole in the Backrest Frame.**

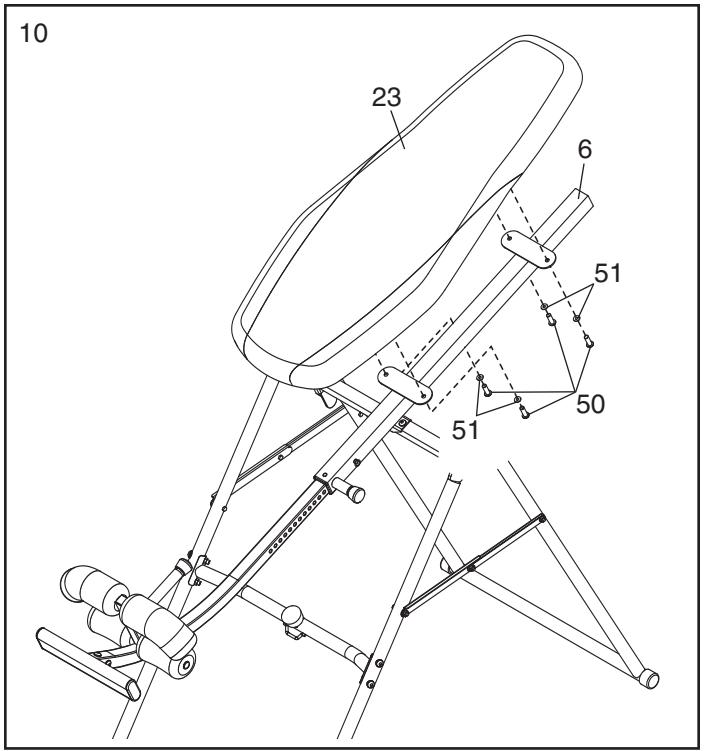
   Next, insert the Adjustment Frame (7) farther into the Backrest Frame (6), and engage the Short Adjustment Knob (19) in one of the adjustment holes in the Adjustment Frame.

   Then, insert the Pin (24) into the Backrest Frame (6) and the Adjustment Frame (7), and attach the Pin Clip (63) to the Pin.

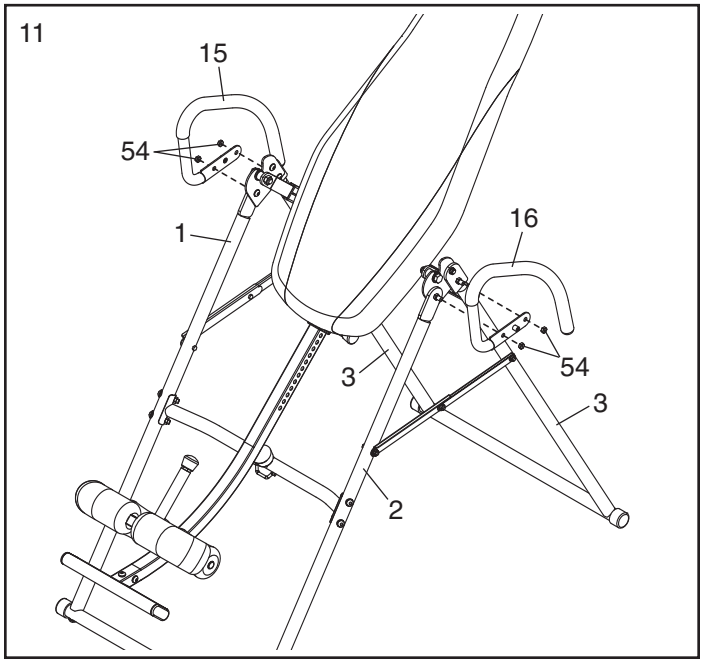
   Use the inversion system with the Adjustment Frame (7) adjusted to a few different lengths to determine which length is the best for you.



10. Attach the Backrest (23) to the Backrest Frame (6) with four M6 x 18mm Button Screws (50) and four M6 Flat Washers (51).

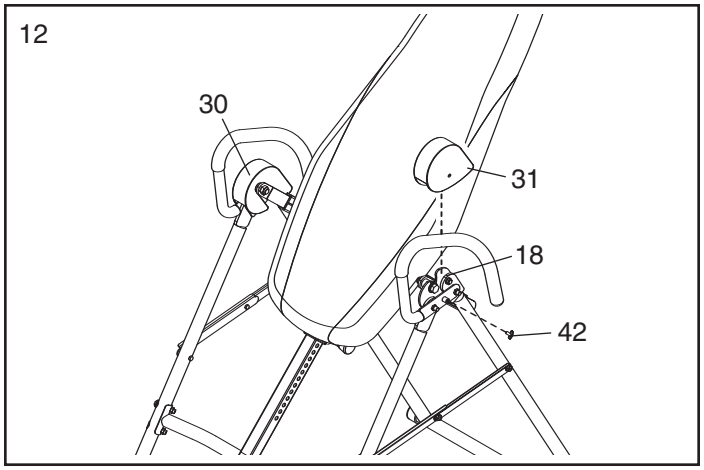


11. Attach the Right and Left Handles (15, 16) to the Legs (1, 2, 3) with four M8 Nylon Locknuts (54).



12. Slide the Left Cover (31) onto the left Saddle Plate (18). Attach the Left Cover with a Small Knob (42).

Attach the Right Cover (30) in the same way.

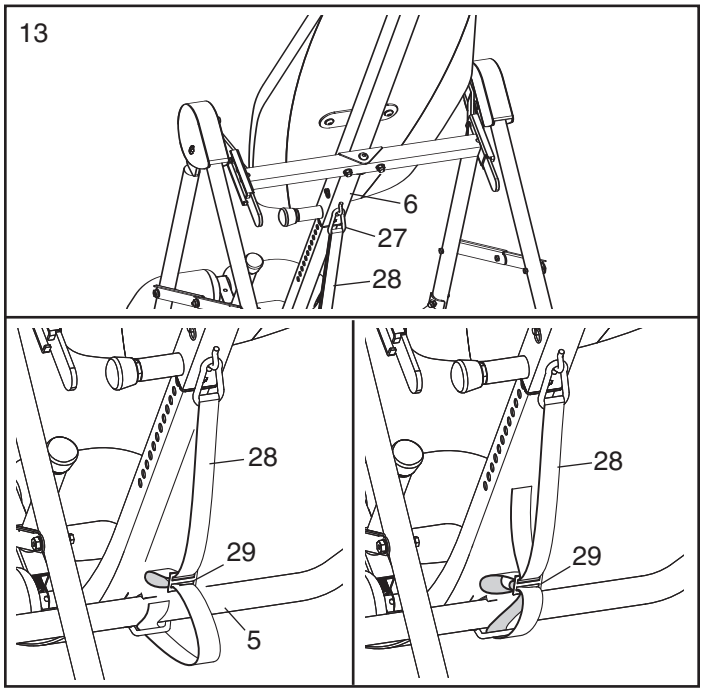


13. Make sure that the Strap (28) is attached to the hook on the bottom of the Backrest Frame (6) with the Clip (27).

See the left inset drawing. Hold the Buckle (29), and route the end of the Strap (28) through the upper slot in the Buckle **from the side shown.** Next, route the Strap through the lower slot in the Buckle. Then, route the Strap upward through the hook on the bottom of the Front Leg Frame (5).

See the right inset drawing. Route the end of the Strap (28) upward through the lower slot in the Buckle (29). Then, route the Strap through the upper slot in the Buckle. **Make sure that the Strap is routed exactly as shown in the inset drawings.**

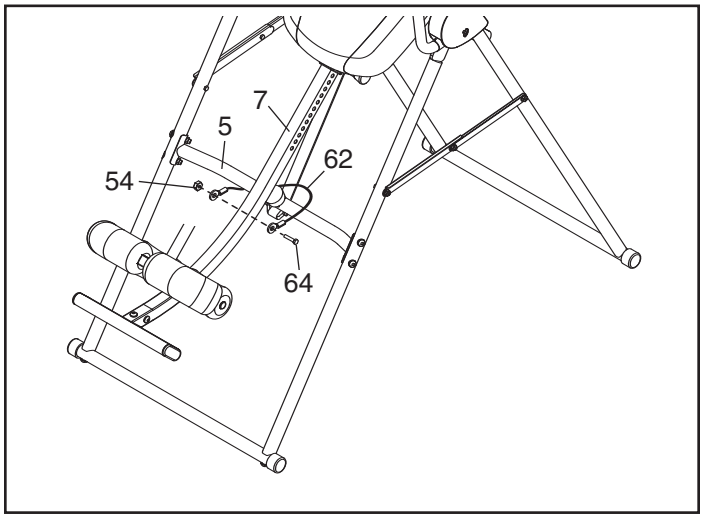
Make sure that all parts are properly tightened before you use the inversion system.



⚠WARNING:

HOW TO LOCK THE INVERSION SYSTEM FOR STORE DISPLAY OR TO PREVENT UNSUPERVISED USE

When the inversion system is displayed in a store, or when it is not in use, it should be locked to prevent unsupervised use. Wrap the Lock Cable (62) around the Front Leg Frame (5) and the Adjustment Frame (7) as shown. Then, connect the ends of the Lock Cable with an M8 x 20mm Button Bolt (64) and an M8 Nylon Locknut (54).



ADJUSTMENT

This section explains how to adjust the inversion system. See DEVELOPING A PROGRAM on page 16 for important information about how to get the most benefit from your exercise program.

Make sure all parts are properly tightened each time the inversion system is used. Replace any worn parts immediately. The table can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents.**

SELECTING A PIVOT BAR POSITION

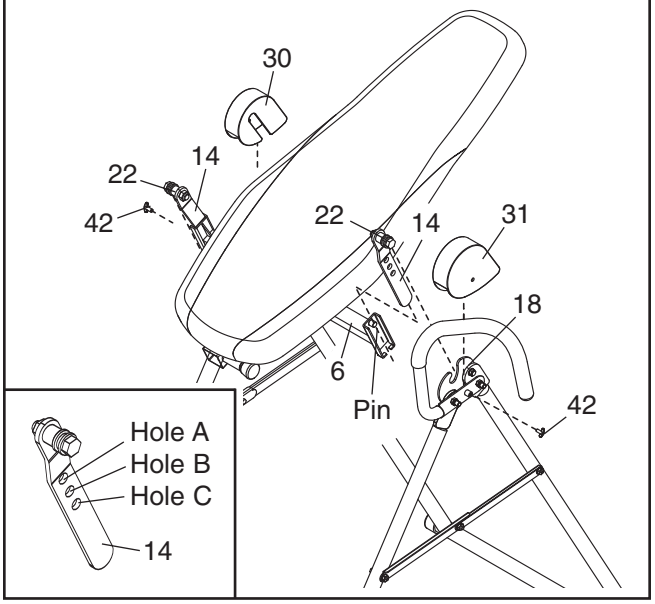
See the inset drawing. Each Pivot Bar (14) has three adjustment holes. The correct adjustment hole to use will depend on your body weight and the desired level of responsiveness. See the chart at the right to determine which adjustment hole to use.

Note: 1 lb. = 2.2 kg		Responsiveness	
		Beginner (Partial Inversion)	Advanced (Full Inversion)
User Weight	80–120 lbs.	Hole A	Hole A
	120–220 lbs.	Hole C	Hole A
	220–300 lbs.	Hole C	Hole B

To adjust the Pivot Bars (14), first remove the two Small Knobs (42) and the two Covers (30, 31). Next, lift the two Pulleys (22) out of the Saddle Plates (18). Move the Pivot Bars upward or downward so that the pins on the Backrest Frame (6) are engaged in the desired adjustment holes. Then, insert the Pulleys into the Saddle Plates, and attach the Covers.

Try the inversion system with the Pivot Bars (14) adjusted to each position to determine which one is best for you.

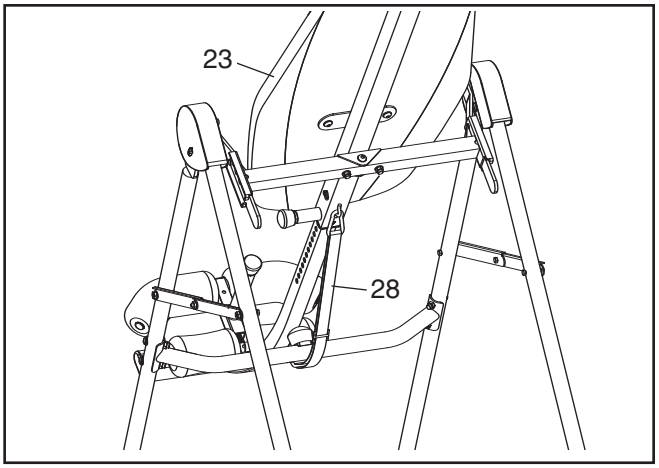
⚠ WARNING: Always engage the pins on the Backrest Frame (6) in the same adjustment holes in the Pivot Bars (14).



ADJUSTING THE LENGTH OF THE STRAP

The Strap (28) can be used to stop the inversion system from becoming inverted more than desired. To adjust the Strap, rotate the Backrest (23) to the most inverted position to which you want it to move. Then, have a second person tighten the Strap.

For the first week or two of use, adjust the Strap (28) to stop the Backrest (23) from rotating more than 15–20 degrees. Lengthen the Strap to allow the Backrest to rotate a few more degrees as you become accustomed to using the inversion system.

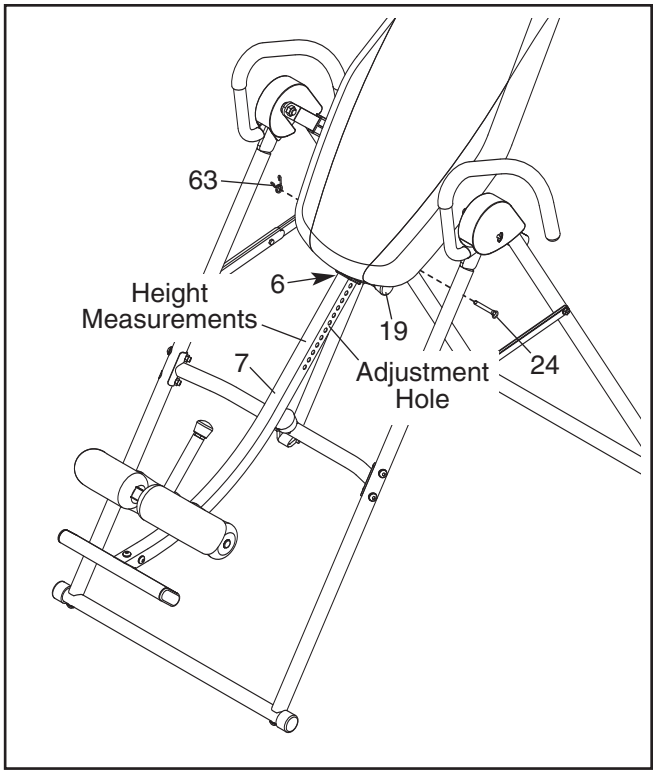


ADJUSTING THE ADJUSTMENT FRAME

The length of the Adjustment Frame (7) can be adjusted to correspond to your height. First, remove the Pin (24) from the Backrest Frame (6) and the Adjustment Frame. Pull the Short Adjustment Knob (19) as far as possible. Slide the Adjustment Frame into or out of the Backrest Frame so that the first or second measurement greater than your height is covered by the Backrest Frame. Next, engage the Short Adjustment Knob in one of the adjustment holes in the Adjustment Frame. Then, insert the Pin into the Backrest Frame and the Adjustment Frame, and attach the Pin Clip (63) to the Pin.

Use the inversion system with the Adjustment Frame (7) adjusted to a few different lengths to determine which length is best for you.

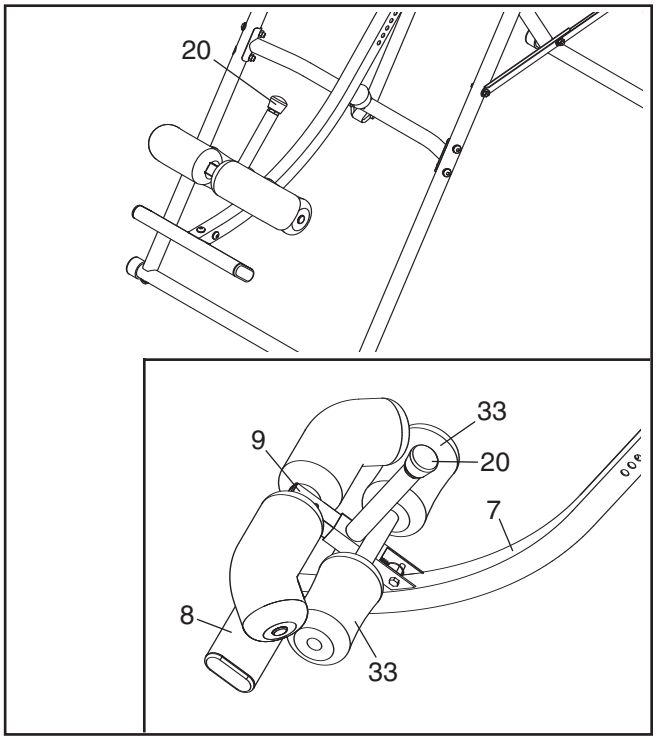
⚠WARNING: The inversion system is designed to be used by persons 6 ft. 6 in. (198 cm) tall or less.



ADJUSTING THE ANKLE LOCK

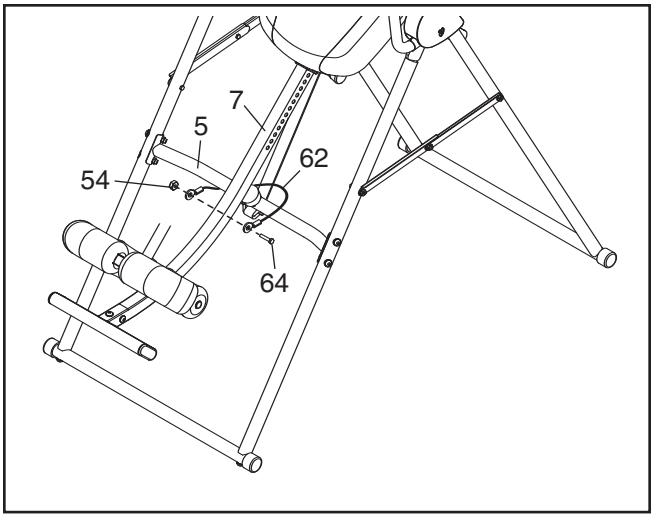
To secure your ankles in the inversion system, first pull the Long Adjustment Knob (20) as far as possible. **See the inset drawing.** Next, pull the Ankle Lock (9) away from the Adjustment Frame (7). Stand on the Foot Frame (8) with the backs of your legs against the Small Foam Pads (33) and your toes under the Ankle Lock. Then, push the Ankle Lock against your ankles and engage the Long Adjustment Knob into one of the adjustment holes in the Ankle Lock. **Make sure that the Long Adjustment Knob is engaged in one of the adjustment holes in the Ankle Lock.**

⚠WARNING: Make sure that the Ankle Lock (9) is secured snugly against your ankles before you use the inversion system. Always wear athletic shoes with laces to help secure your feet in the inversion system.



LOCKING THE INVERSION SYSTEM

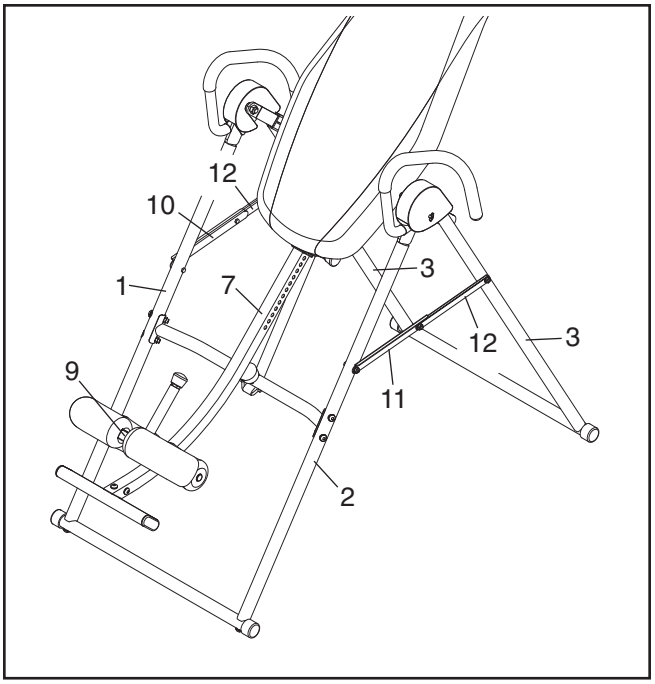
When the inversion system is not in use, it should be locked to prevent unsupervised use. Wrap the Lock Cable (62) around the Front Leg Frame (5) and the Adjustment Frame (7) as shown. Then, connect the ends of the Lock Cable with an M8 x 20mm Button Bolt (64) and an M8 Nylon Locknut (54).



STORING THE INVERSION SYSTEM

To store the inversion system, first adjust the Adjustment Frame (7) to the shortest length (see ADJUSTING THE ADJUSTMENT FRAME on page 13). Next, adjust the Ankle Lock (9) to the position closest to the Adjustment Frame (see ADJUSTING THE ANKLE LOCK on page 13). Then, lift on the Link Bars (10, 11, 12), and fold the Legs (1, 2, 3) together.

⚠ WARNING: Always make sure that the Link Bars (10, 11, 12) are straight across before you use the inversion system.



ROTATING ON THE INVERSION SYSTEM

This section explains how to rotate back on the inversion system, and then return to the starting position. **Before using the inversion system, see the ADJUSTMENT section starting on page 13 to correctly set up the inversion system.** It may be helpful to have a second person ready to assist you as you learn to use the inversion system.

ROTATING BACK ON THE INVERSION SYSTEM

To rotate back on the inversion system, slowly lift your arms over your head until you reach the desired position. The speed at which you lift your arms will determine how quickly the inversion system will rotate. Rest your arms in a comfortable position that does not cause the inversion system to rotate. Note: The inversion system will rotate only to the degree setting allowed by the strap.

ROTATING UP ON THE INVERSION SYSTEM

To return to the starting position, move your hands toward your waist until you rotate to a horizontal position. Rest in a horizontal position for 30 to 60 seconds before rotating to the starting position. This will allow your body to readjust. Return to the starting position slowly. Dizziness after using the inversion system is an indication that you have returned to the starting position too quickly.

To rotate up from the fully inverted position, pull yourself up using the handles.

Do not sit up to return to the starting position.

DEVELOPING A PROGRAM

This section contains information and suggestions about using the inversion system. Make sure that all parts are properly tightened each time you use the inversion system. Replace any worn parts immediately. **See the ADJUSTMENT section starting on page 12 to identify parts referred to in this section.**

BENEFITING FROM USING THE INVERSION SYSTEM

If you feel nauseated while using the inversion system, return to the starting position. Be aware that it may take a few weeks of use for your inner ear to become accustom to being inverted.

Do not use the inversion system right after you have eaten.

Moving while using the inversion system may make it a more comfortable experience, and may help joints and muscles stretch and relax. Always move in a slow, controlled manner.

The greater the angle at which the inversion system is used, the shorter the time that you should rotate back before rotating up. Increase the amount of inverted time and the angle of use gradually.

Always pay attention to how your body feels as you use the inversion system. Increase the level of intensity only as it is comfortable for you. When you feel like you have had enough, return to the starting position.

BEGINNER PROGRAM

The following are suggestions for persons who are just starting to use the inversion system.

Adjust the strap to allow the backrest frame to rotate to 15 degrees or less for the first one or two weeks. This will allow your body time to adjust to the change in gravitational pull.

Use the inversion system for one or two minutes at a time, two or three times a day.

Stay inverted only for as long as it is comfortable. This may be only a few seconds at first.

INTERMEDIATE PROGRAM

The following are suggestions for persons who have become comfortable using the inversion system as described under the BEGINNER PROGRAM.

Increase the angle to which the inversion system can rotate, as it is comfortable. Adjust the strap to allow the inversion system to rotate to up to 60 degrees, a few degrees at a time.

Start to do gentle stretching while using the inversion system.

Gradually increase the amount of time that you use the inversion system to ten minutes or more, two or three times a day. Routines can be varied from rotating back for one or two minutes and then up for 30 seconds, to rotating back and up for equal amounts of time.

FULL INVERSION PROGRAM

The following are suggestions for persons who have become comfortable using the inversion system as described under the INTERMEDIATE PROGRAM and desire to rotate to greater angles. Note that all the benefits of inversion can be gained by rotating to 60 degrees. **Do not attempt to do sit-ups.**

Increase the angle to which the inversion system can rotate, as it is comfortable.

Adjust the pivot bars so that the pins on the backrest frame are in the top holes in the pivot bars (see SELECTING A PIVOT BAR POSITION on page 12). If you weigh 220 lbs. (100 kg) or more, adjust the pivot bars so that the pins on the backrest frame are in the center holes in the pivot bars. Rotate back and up as described on page 15.

NOTES

PART LIST—Model No. GGBE0867.0

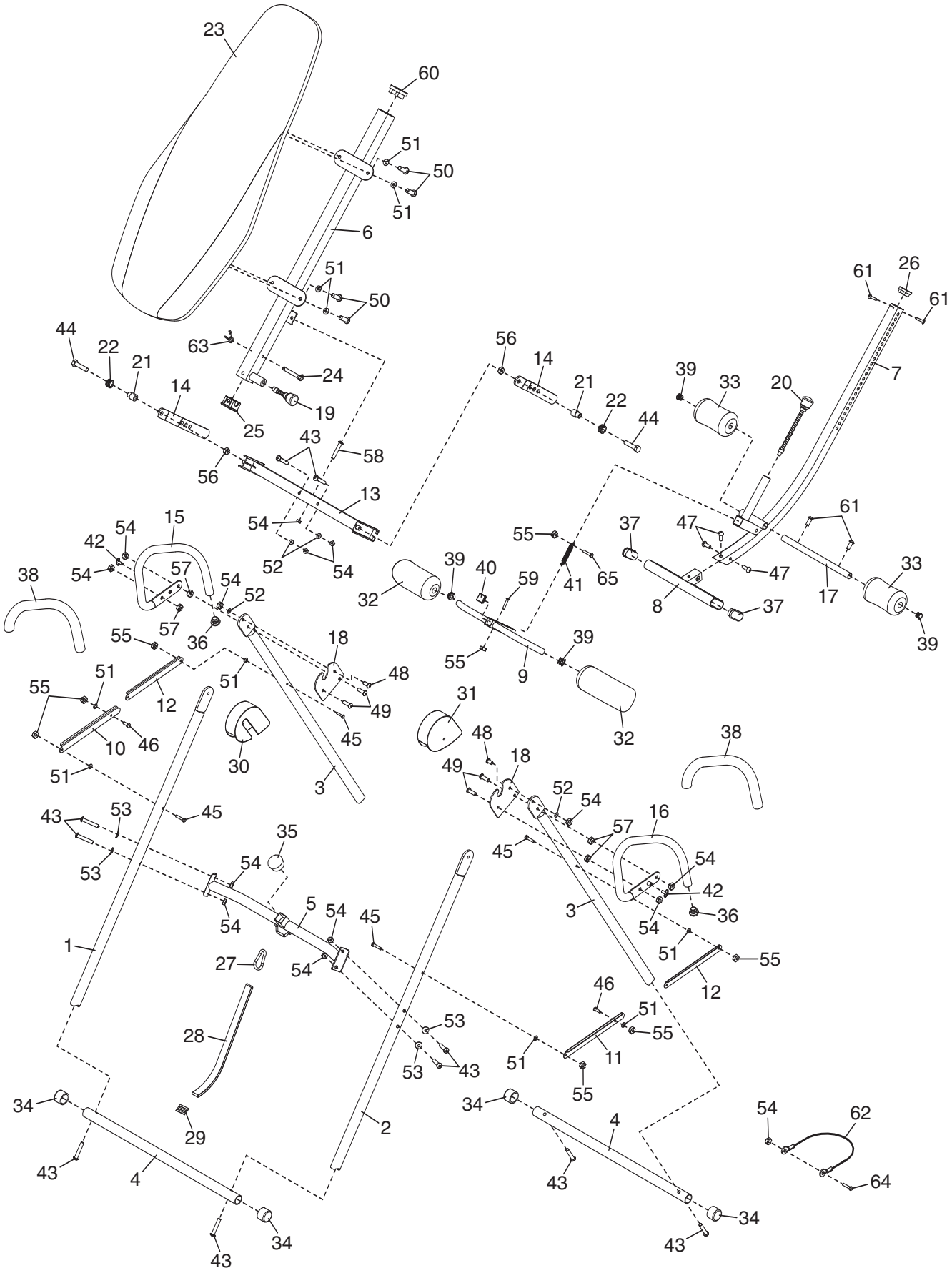
R0807A

Key No.	Qty.	Description
1	1	Right Front Leg
2	1	Left Front Leg
3	2	Rear Leg
4	2	Base
5	1	Front Leg Frame
6	1	Backrest Frame
7	1	Adjustment Frame
8	1	Foot Frame
9	1	Ankle Lock
10	1	Right Link Bar
11	1	Left Link Bar
12	2	Rear Link Bar
13	1	Center Frame
14	2	Pivot Bar
15	1	Right Handle
16	1	Left Handle
17	1	Pad Tube
18	2	Saddle Plate
19	1	Short Adjustment Knob
20	1	Long Adjustment Knob
21	2	Spacer
22	2	Pulley
23	1	Backrest
24	1	Pin
25	1	Backrest Frame Bushing
26	1	34mm Square Inner Cap
27	1	Clip
28	1	Strap
29	1	Buckle
30	1	Right Cover
31	1	Left Cover
32	2	Large Foam Pad
33	2	Small Foam Pad
34	4	32mm Round Outer Cap
35	1	Bumper
36	2	25mm Round Inner Cap
37	2	30mm x 70mm Inner Cap
38	2	Foam Grip
39	4	19mm Round Inner Cap
40	1	25mm Square Inner Cap
41	1	Spring
42	2	Small Knob
43	10	M8 x 45mm Button Bolt
44	2	M12 x 50mm Bolt
45	4	M6 x 40mm Bolt
46	2	M6 x 15mm Bolt
47	3	M8 x 15mm Button Screw
48	2	M8 x 20mm Button Bolt
49	4	M8 x 30mm Button Bolt
50	4	M6 x 18mm Button Screw
51	10	M6 Flat Washer
52	4	M8 Flat Washer
53	4	M8 Curved Washer
54	14	M8 Nylon Locknut
55	8	M6 Nylon Locknut
56	2	M12 Nut
57	4	M8 Nut
58	1	M8 x 50mm Button Bolt
59	1	M6 x 33mm Bolt
60	1	45mm Square Inner Cap
61	4	M4 x 15mm Screw
62	1	Lock Cable
63	1	Pin Clip
64	1	M8 x 20mm Button Bolt
65	1	M6 x 37mm Bolt
*	–	User's Manual

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING—Model No. GGBE0867.0

R0807A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement parts(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

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